|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8 am****Crossfit** **5 pm****Intro to Lifetime****Fitness****6 pm: Yoga****9pm****Self-Defense****For Men & Women** | **8 am****Crossfit****12 pm****Zumba****5 pm****Piloxing** **6 pm: Yoga** **INSTRUCTORS:** | **8 am** **Crossfit****5 pm****Intro to Lifetime****Fitness****9 pm****Self-Defense****For Men & Women** | **8 am****Crossfit****12 pm****Zumba****5 pm****Piloxing**  | **8 am****Crossfit****5 pm****Intro to Lifetime** **Fitness**  |

**Group Exercise Classes**

**August 28th – December 1st**

**Piloxing will begin Sept. 12th**

 **Elizabeth Ray Ethan Head Tyler Gentry/Trent Coffman Chelsea Slack Michael Bean Adrienne Burks **

